

Evidence Based Services Newsletter

- **ASSERTIVE COMMUNITY TREATMENT (ACT) WEB—[CLICK HERE](#)**
- **INTEGRATED TREATMENT FOR CO-OCCURRING DISORDERS (ITCD) WEB—[CLICK HERE](#)**
- **DIALECTICAL BEHAVIOR THERAPY (DBT) WEB—[CLICK HERE](#)**

FALL 2021

EDITION 1

Adapt of Missouri
ITCD

Bootheel Counseling Services
ITCD, DBT

Burrell Behavioral Health
ACT, ACT-TAY, SPECIALTY
TEAMS, ITCD, DBT

BJC Behavioral Health
ACT TAY, ITCD

Clark Mental Health Center
ITCD

Compass Health
ACT, ACT-TAY, SPECIALTY
TEAMS, ITCD, DBT

Community Counseling Center
ITCD

Comprehensive Health Systems
Inc.
ITCD

Comprehensive Mental Health
ITCD

Comtrea
ITCD, DBT

Family Counseling Center
ITCD

Family Guidance Center
ACT, ITCD

Hopewell
ACT TAY, ITCD

Independence Center
ITCD

Mark Twain Behavioral Health
ITCD, DBT

Mineral Area
ITCD

New Horizons
ITCD

North Central MHC
ITCD

Ozark Center
ACT, ACT-TAY, ITCD, DBT

Ozarks Healthcare
ITCD

Places for People
ACT, FACT, ITCD, DBT

Preferred Family Healthcare
ACT TAY, ITCD, DBT

ReDiscover
ITCD, DBT

St. Patrick Center
ACT

Swope Health Services
ITCD

Tri-County Mental Health
ITCD, DBT

Truman Behavioral Health
ITCD, DBT

News from DMH by Andrea Kimball

I've thought long and hard about how to create the "best, fanciest, most helpful" newsletter introduction. What I landed on is simple:

You can do this. We can do this.

Each of you are acutely aware of the workforce challenges, the fatigue, the self-doubt, the quest for answers and often finding the "right" answer vague, open-ended and less than precise. Essentially, you are learning to live, maybe even thrive, with almost constant uncertainty. With this acknowledgement, I want to highlight some actions within our control, anchors that can assist you in finding "okayness" with the uncomfortable.

I offer these suggestions because they have worked for me which I believe is better than reading a list posted on the internet.

Reach out, to as many trusted people as often as necessary. Reciprocate when you can.

Make a funny face at the ceiling as many times a day as needed. It tricks your brain into thinking it's a time for enjoyment and levity.

Increase your self-care. Seriously.

Your brain needs a break by doing a different activity. It will help improve focus and effectiveness.

Try these. Let me know, either way. We can do these together. You can do this. We can do this.

Take care,

Andrea
Director of Quality and
Compliance



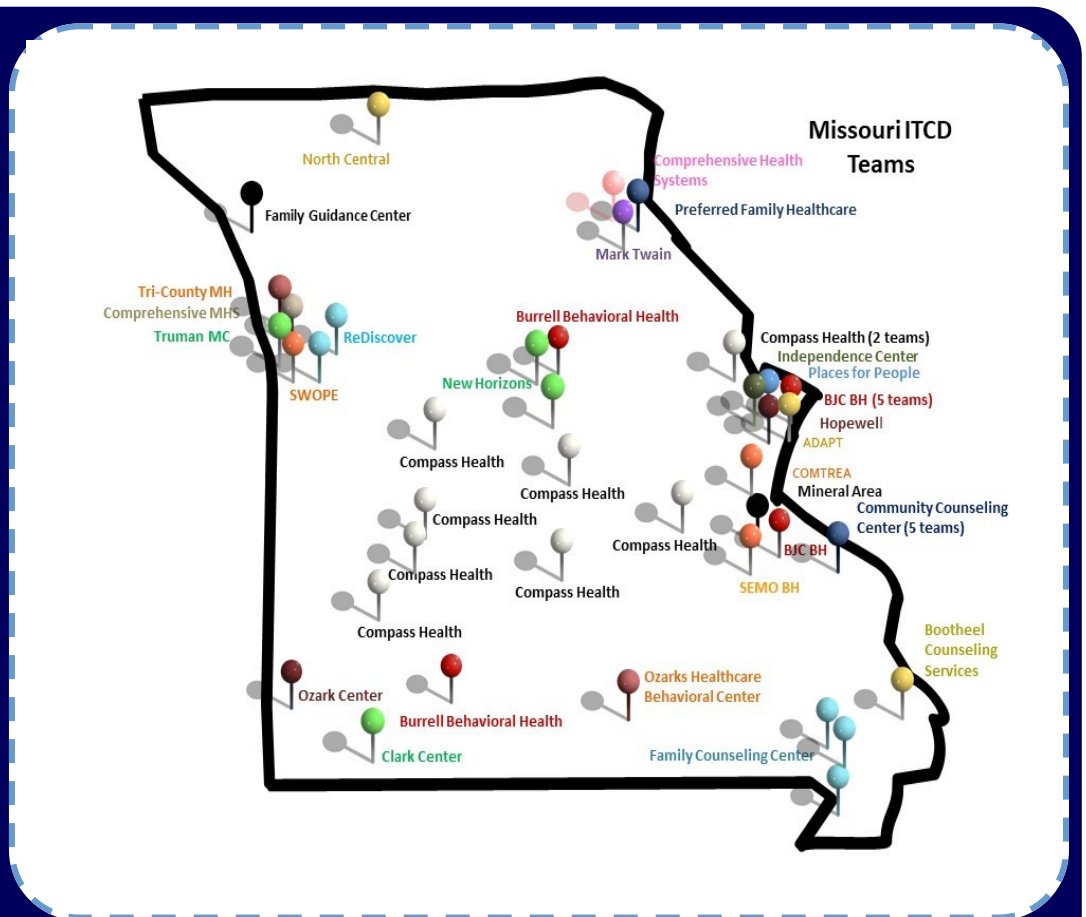
To find past issues of the Newsletters go to the DMH web pages at:

<https://dmh.mo.gov/behavioral-health/treatment-services/specialized-programs/provider-act>

Or

<https://dmh.mo.gov/behavioral-health/treatment-services/specialized-programs/itcd>

Scroll down to “newsletters” and find your archived online copy!



Evaluating your ITCD program

Key stakeholders who are implementing Integrated Treatment programs may find themselves asking two questions:

Has the program been implemented as planned?

Has the program resulted in the expected outcomes?

Asking these two questions and using the answers to help improve your program are critical for ensuring the success of your Integrated Treatment program.

To answer the first question, collect **process measures** (by using the Integrated Treatment Fidelity Scale and General Organizational Index). Process measures capture how services are provided. To answer the second question, collect **outcome measures**. Outcome measures capture the results or achievements of your program.

As you prepare to implement your program, we strongly recommend that you develop a quality assurance system using both process and outcome measures to monitor and improve the quality of the program from the startup phase and continuing through the life of the program.

Taken from the ITCD SAMHSA toolkit *Evaluating Your Program*

INSIDE THIS ISSUE:

ITCD Map	2
GOI Process measures	2
Spotlight	3
Fidelity Corner	3
Resources, ACT Map	4
SEE video resources & Recipe page	5
DBT Map	6
Motivational Interviewing	7
The Arts	8-9



For resource information on Supported Employment and Education services for Transitional Age Youth, visit the DMH website:

<https://dmh.mo.gov/mental-illness/provider/act>

And click on ACT & Transition Aged Youth

ITCD Toolkit from SAMHSA

<https://www.samhsa.gov/resource/ebp/integrated-treatment-co-occurring-disorders-evidence-based-practices-ebp-kit>

TEAM MEMBER SPOTLIGHT

Name:

Ashley Lappi

Team/Location:

Rolla, MO

Position/Role:

ACT TAY Team Lead

Favorite thing about working on ACT team:

I am excited to be able to work with an underserved population and in a workplace culture that is indicative of quality care.

Favorite Food or activity:

My favorite activity is playing slow pitch softball and spending time with my daughter.



Fidelity Corner

Peer Specialist services on ACT teams

For a specialist who provides a high degree of peer support services (e.g., 80% or more), it is assumed that such a high level of practice will be evident across multiple data sources, reflecting both formal (e.g., Wellness Recovery Action Planning (WRAP) or Illness Management and Recovery (IMR) and informal wellness interventions—e.g., chart review; majority of notes (at least 60%) written by this specialist indicates some peer support service, observation of daily team meeting (i.e., reported contacts involving Wellness Management & Recovery (WMR) and peer support services, and scheduled contacts to address client's WMR needs), and a large breadth of peer support and WMR services being provided. Although informal WMR services can be easily bundled with many case management tasks, including medication deliveries, the expectation is that there are many strategic opportunities for WMR services not attached to such activities.

You can receive specific technical assistance from DMH staff. They are happy to assist!

Lori.Norval@dmh.mo.gov

Kelly.Orr@dmh.mo.gov

Chrystal.Cole@dmh.mo.gov

Carolyn.Sullivan@dmh.mo.gov

Heather.Senevey@dmh.mo.gov

Milly.Hall@dmh.mo.gov

Bobbi.Good@dmh.mo.gov

Erin.Hahs@dmh.mo.gov

Page 4

**Online Manuals:**

<http://navigateconsultants.org/manuals/>

Find out more about the TMACT here:
<http://www.institutebestpractices.org/tmact-fidelity/more-about-the-tmact/>

At the Institute for Best Practices

Have questions about WRAP trainings? Contact lori.franklin@dmh.mo.gov

To request training from our You-Tube recorded library,

[CLICK HERE](#)



RESOURCES



Center for Evidence-Based Practices at Case Western Reserve University

<http://www.centerforebp.case.edu/>

Individual Resiliency Training (IRT)

<http://navigateconsultants.org/manuals/>

Copeland Center for Wellness and Recovery

<http://copelandcenter.com/wellness-recovery-action-plan-wrap>

Division of Behavioral Health Employment Services

<https://dmh.mo.gov/mental-illness/employment-services>

IPS Employment Center

<https://ipsworks.org/>

Certified Peer Specialist

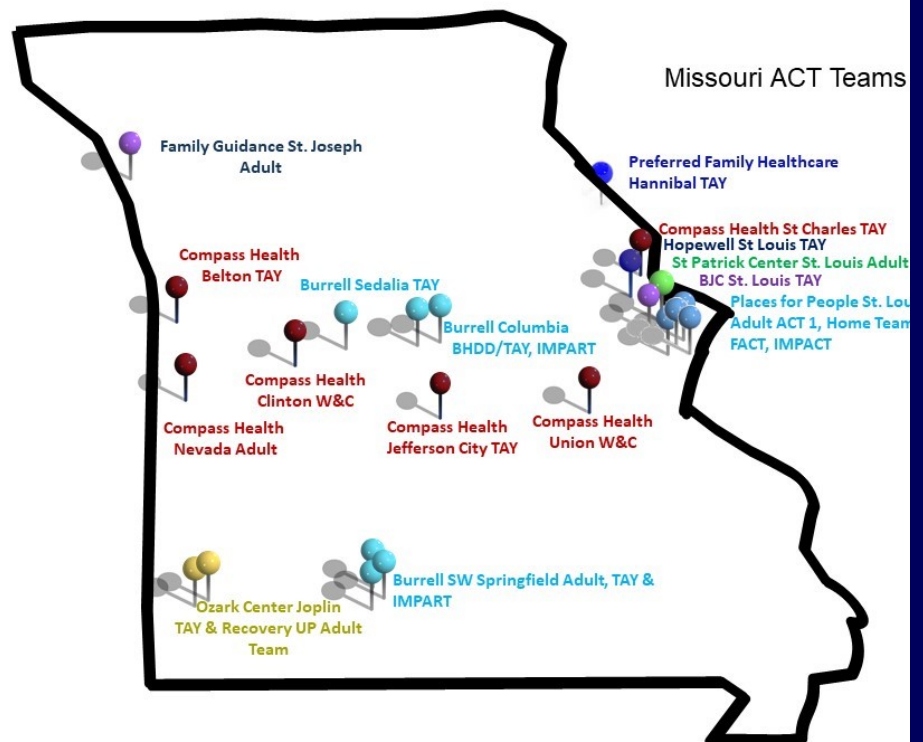
<https://dmh.mo.gov/mental-illness/peer-support-services>

SSI/SSDI Outreach, Access and Recovery (SOAR)

<http://soarworks.prainc.com/>

Institute for Best Practices (TMACT website)

<https://www.institutebestpractices.org/tmact-fidelity/more-about-the-tmact/>



Missouri
Evidence Based Services
Newsletter
Fall 2021



To access the free
and downloadable
Supported Housing Toolkit on the
Substance Abuse
and Mental Health
Services Administration
(SAMHSA) website:
CLICK HERE

Take the free
SOAR
online
training
course by
visiting

<http://soarworks.praire.org/course/ssissdi-outreach-access-and-recovery-soar-online-training>

SEE video resources

Job Development versus Job Placement

<https://www.youtube.com/watch?v=ood1Ozs74is>

Denise Bissonnette explains how, in helping others to find their place in the workforce, the concept of "job development" differs from the "job placement" approach.

Employment Proposal

<https://www.youtube.com/watch?v=QmH4eDDoXdc>

Denise Bissonnette gives a brief overview of one of the cornerstone strategies in her approach to entrepreneurial job development - "The Employment Proposal".

Working with Employers

<https://www.youtube.com/watch?v=WQeZV7KksBk>

Denise Bissonnette, focusing on the example of job seekers with disabilities, explains her conviction that job developers should engage employers in a "partnership" relationship.

Job Development

<https://www.youtube.com/watch?v=w0B8x4yEcDo>

ACT Program Assistant Recipes

My favorite easy Pasta Salad! By Stevi Yates, Compass Health

- 1 box Tri-colored noodles
- 6 Oz package of Pepperoni
- 8 Oz package of Cubed Cheese
- 16-24 Oz of Italian Dressing
- 1 Can of sliced or whole Olives
- Parmesan Cheese
- Salt and Pepper to taste.

Cook noodles, rinse until cooking has stopped and noodles have cooled.

Add pepperoni, cheese, olives and dressing. The dressing will soak in to the noodles so you may have to add more that's why it's 16-24 oz.

Then once all mixed and coated well add salt, pepper and Parmesan Cheese, this is all to taste.

Put in the fridge to cool. You can add more or else of anything you want.

Missouri

Evidence Based Services
Newsletter

Fall 2021

NAMI Support
Group listings
can be found
at:

<https://namimissouri.org/support-groups/>



DBT website—information, membership, training events, certification, directory, resources, links and support!

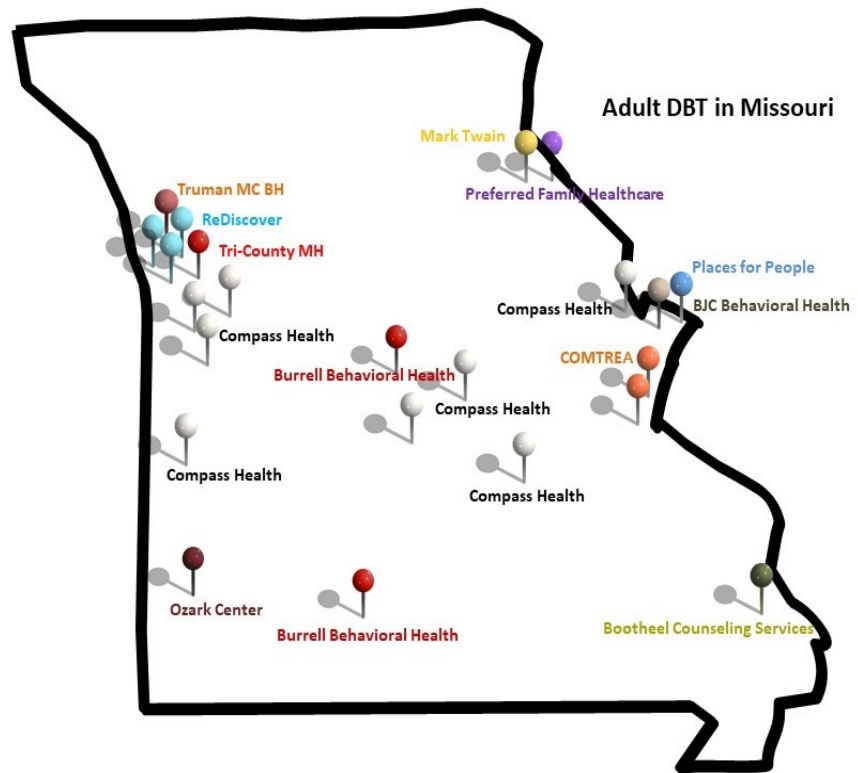
[Click Here](#)

NASMHPD

Supporting Excellence in Behavioral Health

60 YEARS

<http://www.nasmhpd.org/content/early-intervention-psychois-eip>



What is "Mindfulness"?

Mindfulness is all about paying careful attention to what is happening inside and outside of us. People who practice mindfulness have trained minds—they can pay attention to WHAT they want to focus on, WHEN they want to focus on it, and for as LONG as they want to do so.

Untrained minds are like monkeys—swinging from one topic or focus to the next, without any control over where they go, how long they stay there, or when they'll return.

Remember the last time something really exciting or upsetting happened? Your mind probably went back to that event over and over, whether you wanted to think about it, or not! You might have had difficulty paying attention to something else that you wanted to do. Your mind was high-jacked.

People who practice mindfulness learn to naturally take in more facts, so they can make better decisions. They are usually able to find a quiet place within themselves when they need to, no matter how loud or upsetting the world within or outside of them might be.

Mindfulness practice exercises may look simple, but they are really very hard. Resting your mind on ONE THING, and having the discipline to keep it there is practically impossible to do at first, and also critically important. People who have strong emotions and behaviors, and those who work with them must develop mindfulness, or they can't become effective in their lives and in their work.

DBT requires us all to pay careful attention to the feelings, behaviors, and other responses around us. If you can't be mindful, you can't do this treatment. Mindfulness is being aware of "what is". Whatever the current moment holds.

By Ronda Reitz, DBT trainer

Missouri

Evidence Based Services
Newsletter

Fall 2021

If you have any questions about further developing Motivational Interviewing in your practice, feel free to contact Scott Kerby. He has information on free and cost effective products and can help with your Motivational Interviewing needs.

skerbyconsulting@gmail.com



Motivational Interviewing Corner

By Scott Kerby

In my household it is officially chicken wing season, and we enjoy trying different kinds from many different places. As someone that enjoys food, I also like to get my money's worth--so when I order, say, 12 boneless wings, I often count to make sure that I did in fact receive 12 boneless wings. It is pretty frustrating when you get 2 or 3 of those little crispy "all breaded/no chicken" chunks that they have counted as part of the 12. In motivational interviewing training, we are trying to help clinicians get more proficient at spotting the "meaty" wings, of knowing where to look for them, knowing how to draw those out, and then learning to recognize them when they show up. What constitutes a significant "wing" in MI? Change talk (desire/ability/reasons/needs/commitment), values, hopes, goals, dreams, and fears. Here are some common struggles clinicians have with finding and focusing on the right "wing"...

Many clinicians continue to struggle with setting a focus, and without a focus change talk doesn't exist. This makes spotting the good wings nearly impossible. Also, it is really common for those learning MI to miss "naturally occurring change talk", which is change talk that is not really evoked by the clinician but just shows up as the client discusses their ambivalence. Most beginning clinicians tend to show a preference for sustain talk over change talk when it shows up naturally...which is the equivalent of chewing on the burnt, chickenless wing instead of the juicy wing right next to it. A third struggle for clinicians is when they make no attempt to evoke, or draw out change talk. They don't ask for change talk, they don't explore desire, reasons, or need. What you ask for you tend to get more of, and many clinicians don't ask for change talk. Lastly, many clinicians learning MI get to a place where they are in fact evoking change talk. They will ask a question like, "How would your life be different if you stick with this change over the next two years?" When the client answers with change talk like, "I'd have a better relationship with my kids", the clinician kind of nods...and then moves on. This is where reflective listening and "elaboration" questions become key. When you find one of those great wings, stay with it. Reflect on it. Ask for elaboration.

Now that we are all thinking about ordering some wings, help those you are training in MI to work in these areas to move more towards fidelity. A great starting point is learning to listen for and recognize change talk, but from there it becomes imperative to learn to seek elaboration through open questions and reflections. Happy holidays to all of you, and until next time, keep reflecting.



Arts & Literature Testimonial

Expression



Creativity



Shaley spent years working hard on her recovery, as well as her physical and mental well-being. All of the hard work, minor setbacks and high expectations that Shaley persevered through paid off with her successful completion and graduation from Marion County Treatment Court in July 2021. Shaley attributes her success in the two year treatment program to the rigorous structure and consistency of Treatment Court, along with the supports provided through the ACT-TAY program at Preferred Family Healthcare. "The structure is what keeps me going even after graduating; if I didn't learn how to use

structure, I would have never gotten better and I know it," adding that "checking in with my PO and PFH every day through the week kept me focused on what I needed to be doing."

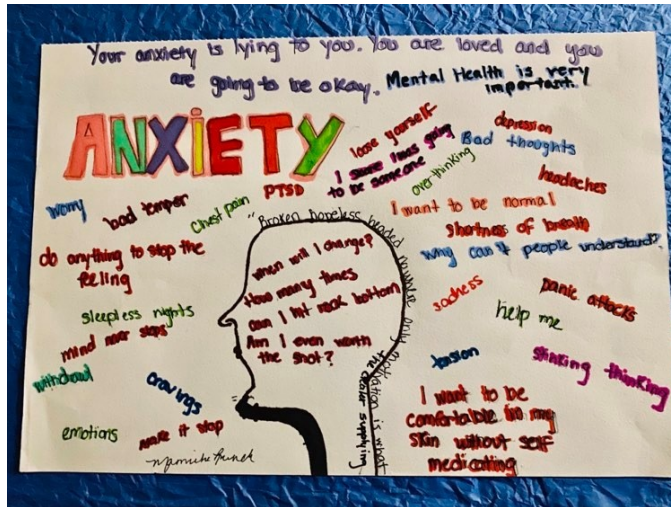
Shaley has maintained her sobriety, is now working in a job that she is proud of and enjoying a healthy life with her son.



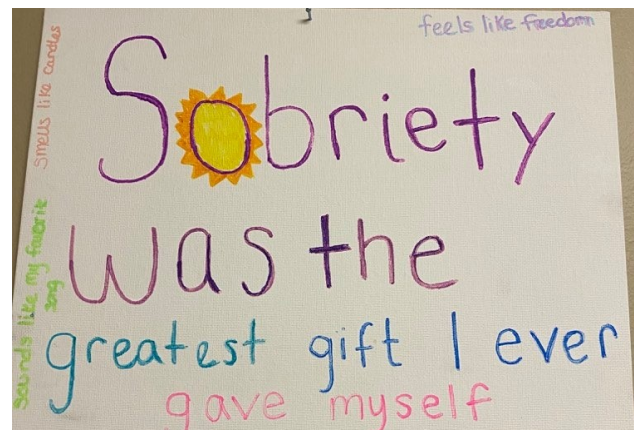


Arts & Literature

Expression



Submissions by:
Preferred Family
Healthcare ACT-TAY



Creativity

SUBMIT ART, POETRY, PHOTOS, TESTIMONIALS, SHORT STORIES, PHOTOS OF PAINTINGS, SCULPTURE, ETC. TO LORI.NORVAL@DMH.MO.GOV, WITH YOUR PERSONS SERVED PERMISSION AND WHETHER THEY WISH TO HAVE THEIR NAME AND LOCATION LISTED ALONG WITH THE ART.